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Serial No. 09/877,492
Express Mail Label No. EV 409532841 US

7/27

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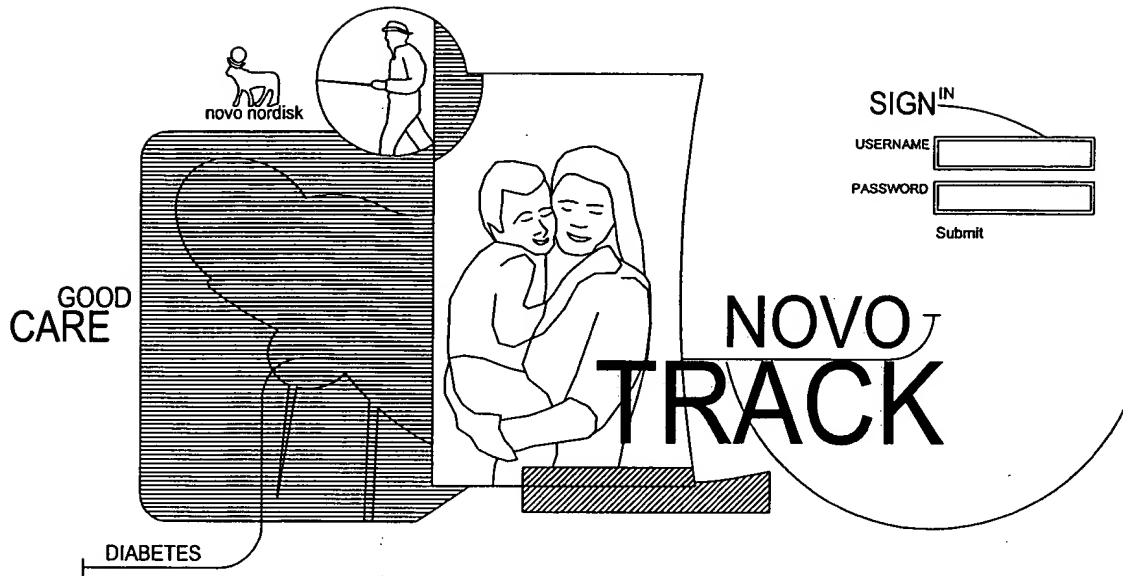
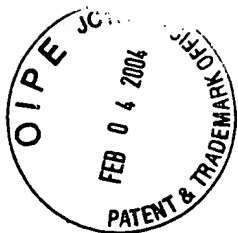


FIG. 7A



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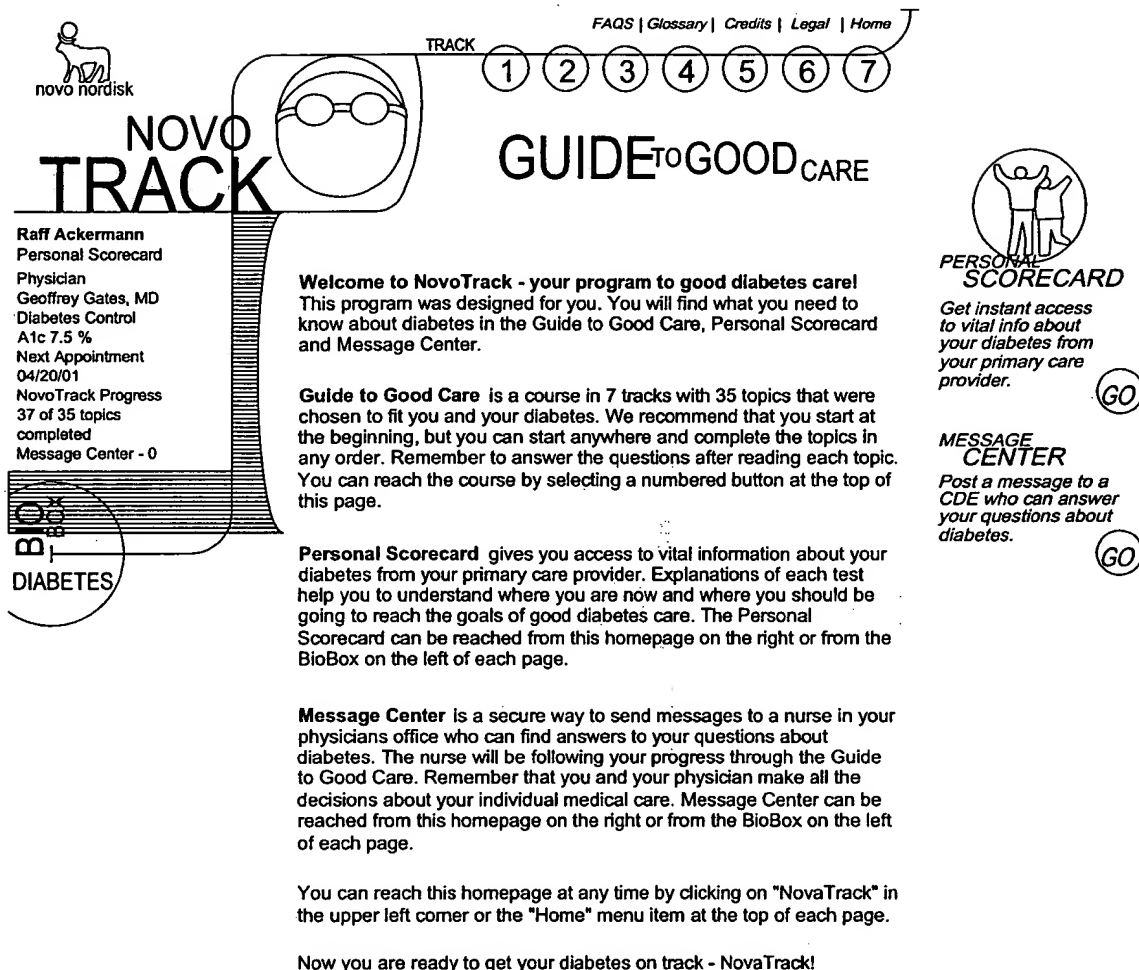
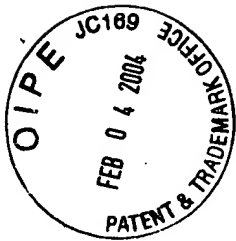



FIG. 7B




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**NOVO
TRACK**

Raff Ackermann
Personal Scorecard
Physician
Geoffrey Gates, MD
Diabetes Control
A1c 7.5 %
Next Appointment
04/20/01
NovoTrack Progress
37 of 35 topics
completed
Message Center - 0



DIABETES

TRACK

1 2 3 4 5 6 7

TRACK 2

WHAT IS DIABETES?

This section explains how your body works and what happened when you get diabetes.

Before you had diabetes, your body automatically made adjustments to keep your blood glucose at just the right level. Now that you have diabetes, you have to think about it. You have to make decisions that your body once made to you.

This section will tell you how your body worked before you had diabetes and how it works now.

Topics:

Before You Had Diabetes

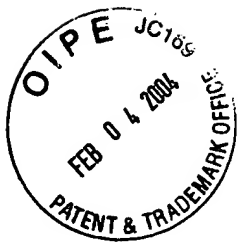
What Causes Diabetes

Effects of Diabetes

Who Gets Diabetes

NEXT

FIG. 7C



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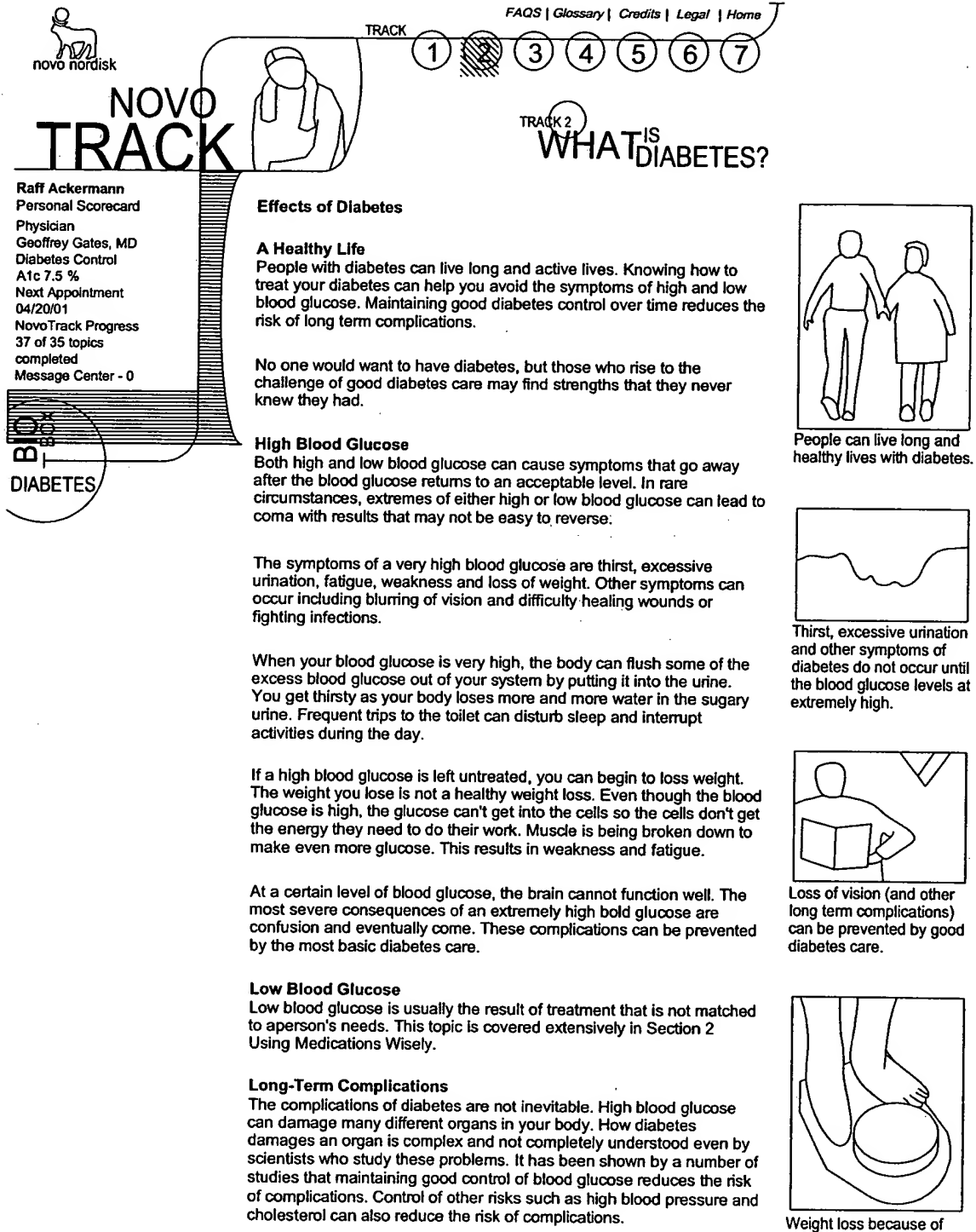
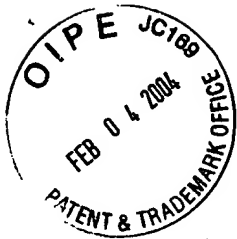


FIG. 7D(1)



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Each of the major complications of diabetes is discussed at greater length in Track 6 Complications.

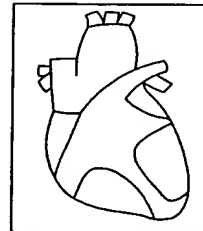
Heart Disease

You may not think of a heart attack as a complication of diabetes - but it is! People with diabetes are at greater risk of diseases caused by cholesterol that builds up and blocks vital arteries. People without diabetes can get blockage in an artery leading to a heart attack, stroke or other circulatory complication. Diabetes just makes all of these complications worse.

Fortunately, various treatments have been shown to reduce the risk of heart disease and other circulatory problems for people with diabetes. You can learn more about this subject in Track 4 Treating High Blood Pressure and Treating High Cholesterol and in Track 6 Heart Disease.

Go To Questions

high blood glucose is not healthy. A large part of the weight loss is muscle - with weakness and fatigue as a result.

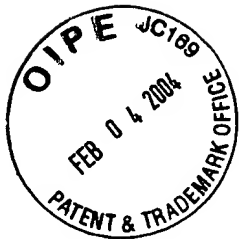


Diabetes increases the risk of heart disease. Good diabetes care reduces the risk.

SEE HOW
IT WORKS?



FIG. 7D(2)



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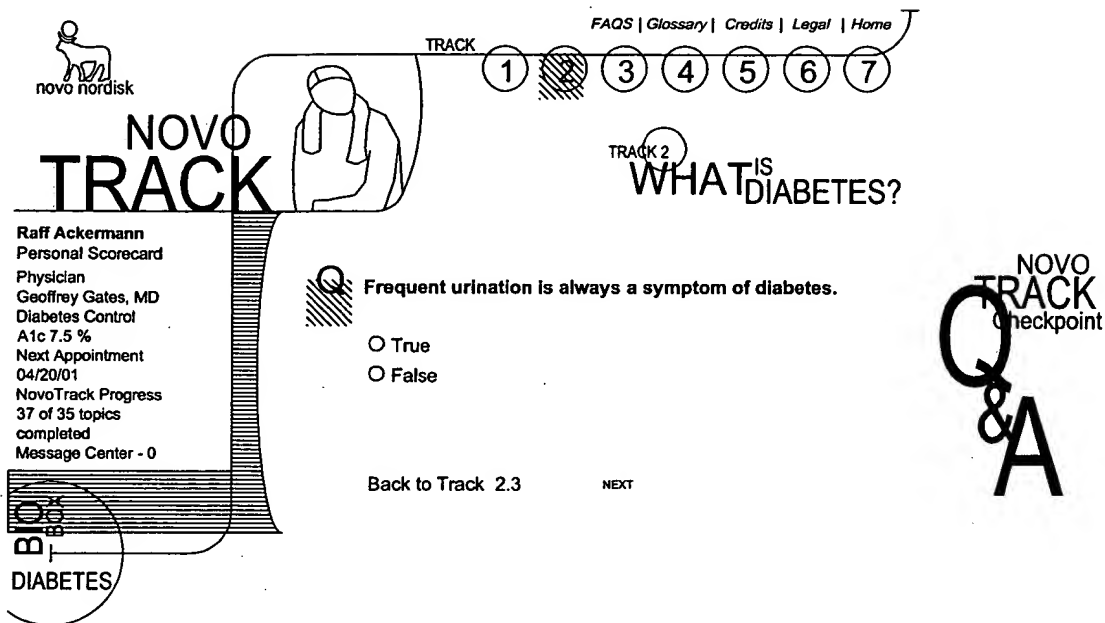
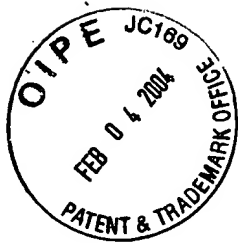


FIG. 7E



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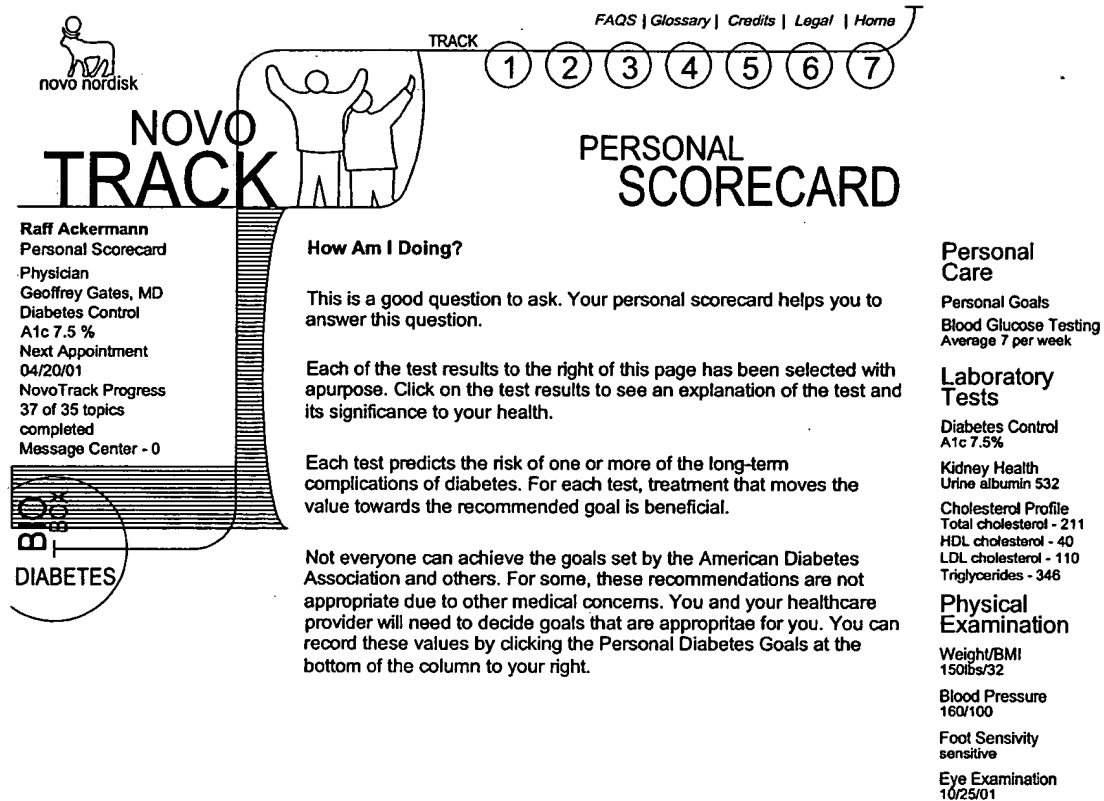
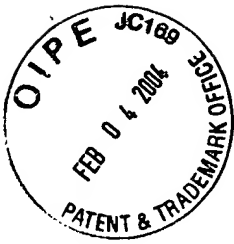


FIG. 7F



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CDE - Microsoft Internet Explorer

NOVO TRACK **CDE CONSOLE**
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Profile | Message Center | Appointments | Outliers/Alerts

New | Edit

Patient Finder

Last Name: Physician's Last Name:
CDE: Sort by: Patient's Name:
☒ active only ☐ inactive only

Patient	Provider	CDE
Ⓢ Ackermann, Ralf	Geoffrey Gates, MD	Hanne Vesterdal

FIG. 7G



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CDE - Microsoft Internet Explorer

NOVO TRACK CDE CONSOLE
ADMINISTRATIVE USE ONLY

Profile | Message Center | Appointments | Outliers/Alerts

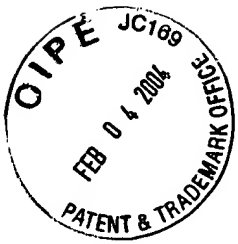
UserName: Inactive: ☐
Password: Confirm Password:

CDE: Registration Date: 11/13/00

First Name: Last Name:
Address:

City: State: Zip Code:
Phone: Email:

FIG. 7H



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CDE - Microsoft Internet Explorer

NOVO TRACK CDE CONSOLE
ADMINISTRATIVE USE ONLY

Profile Message Center Appointments Outliers/Alerts

Patient: Ralf Ackermann Registration #: 201

Physician's First Name: Geoffrey Last Name: Geoffrey Suffix: MD

Type of Diabetes: Type 2 Gender: Male Age: 41 Height: 178

Foot Care: High Risk Neuropathy: Absent

Nephropathy: Present Heart Disease: Present

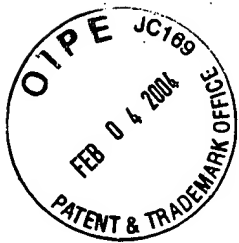
Retinopathy: Absent

	Results	Date	Goal
edit A1c (%)	7.5	3/29/00	7.0
edit Urine Albumin	532	10/10/00	400
edit Total cholesterol (mg/dl)	211	10/1/01	180
edit HDL (mg/dl)	40	12/13/01	40
edit LDL (mg/dl)	110	10/10/00	100
edit Triglycerides (mg/dl)	346	10/10/00	200
edit Weight (lbs)	150	10/10/00	180
edit BMI	32	10/10/00	26
edit Blood Pressure (mmHg)	160/100	10/10/00	135/80
edit Foot Sensitivity	sensitive	10/10/00	sensitive

Blood Sugar Goals	
edit Number of Tests (specify per week or day)	7 per week
edit Before Breakfast (mg/dl)	100-150
edit Before Lunch/Dinner (mg/dl)	80-140
edit 2 hours after eating (mg/dl)	less than 200
edit Bedtime (mg/dl)	120-160

Save Cancel

FIG. 71



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CDE - Microsoft Internet Explorer

NOVO
TRACK CDECONSOLE
ADMINISTRATIVE USE ONLY

Profile Message Center Appointments Outliers/Alerts

Patient: Ralf Ackermann

1. Subjective Duration of Diabetes
established patterns

2. Attitude Towards Future Complications
fatalistic

3. Level of Activity
sedentary

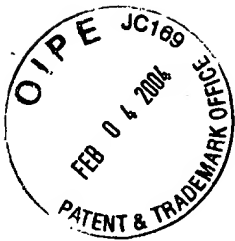
4. Frequency of Blood Sugar Monitoring
infrequent

5. Attitude Toward Smoking
smoker-does not want to quit

6. Attitude Toward Insulin
Type 2 rejects

Save Cancel Answer Key

FIG. 7J



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CDE - Microsoft Internet Explorer

NOVO TRACK

CDECONSOLE

ADMINISTRATIVE USE ONLY

Profile

Message Center

Appointments

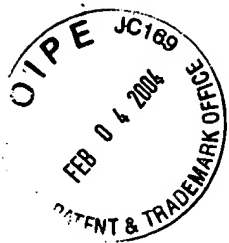
Outliers/Alerts

Back

Patient: Ralf Ackermann

Table #	Topic	Date Completed	Minutes	Questions Correct
5.4	Asking for Help	05/09/01	1	0 of 3
1.4b	Proof that Good Care Matters	03/14/01	1	3 of 3
5.1b	A Healthy Attitude	03/16/01	30	2 of 3
4.1b	How Diabetes Medication Work	03/29/01	7	0 of 3
6.5b	Treating Heart Disease	11/20/00	2	3 of 3
2.2b	What causes Diabetes	03/29/01	20	3 of 3
6.7	Dental Care	05/09/01	2	0 of 3
4.4b	Hypoglycemia	03/29/01	1	0 of 3
4.7	Treating High Blood Pressure	03/29/01	2	0 of 3
4.6	Treating High Cholesterol	05/17/01	23	3 of 3
6.1a	Preventing Retinopathy	05/09/01	2	0 of 3
6.4b	Foot Care	03/29/01	1	0 of 3

FIG. 7K



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CDE - Microsoft Internet Explorer

NOVO TRACK **CDE CONSOLE**
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Profile | Message Center | Appointments | Outliers/Alerts

Patient: Ralf Ackermann

Physician

Date of last physician Appointment : 10/10/00
Next Physician Appointment Goal : 4/20/01
Actual Physician Appointment : 4/20/01

**NOTE: Dates must be entered in the following format: m/d/yy or mm/dd/yr.*

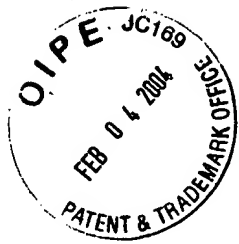
Ophthalmologist

Date of last Ophthalmologist Appointment : 1/4/00
Next Ophthalmologist Appointment Goal : 1/4/01
Actual Ophthalmologist Appointment : 10/25/01

**NOTE: Dates must be entered in the following format: m/d/yy or mm/dd/yr.*

Save Cancel

FIG. 7L



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CDE - Microsoft Internet Explorer

NOVO
TRACK CDE CONSOLE
ADMINISTRATIVE USE ONLY

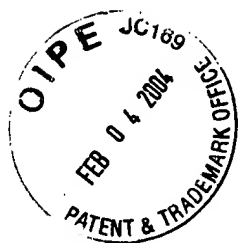
Profile Message Center Appointments Outliers/Alerts

Back

Patient: Ralf Ackermann

????	Date
>20% error rate	05/17/01
<5 minute duration for last topic	05/09/01

FIG. 7M



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CDE - Microsoft Internet Explorer

NOVO TRACK **CDE CONSOLE**
ADMINISTRATIVE USE ONLY

Profile | Message Center | Appointments | Outliers/Alerts

New
View

Message Finder

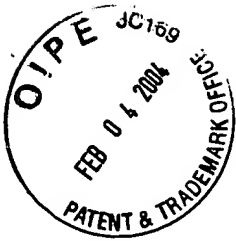
Patient: Ackermann, Ralf

☒ Unread messages only
☐ read messages only
☐ message from CDE only

find messages

????	Date	Subject
No Records Found		

FIG. 7N



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CDE - Microsoft Internet Explorer

NOVO TRACK **CDE CONSOLE**
ADMINISTRATIVE USE ONLY

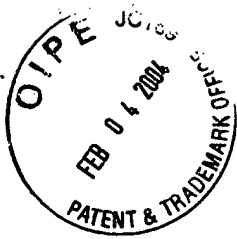
Profile Message Center Appointments Outliers/Alerts

Save

All Appts for last 15 days and next 15 days

Reminder	????	Date
No Records Found		

FIG. 70



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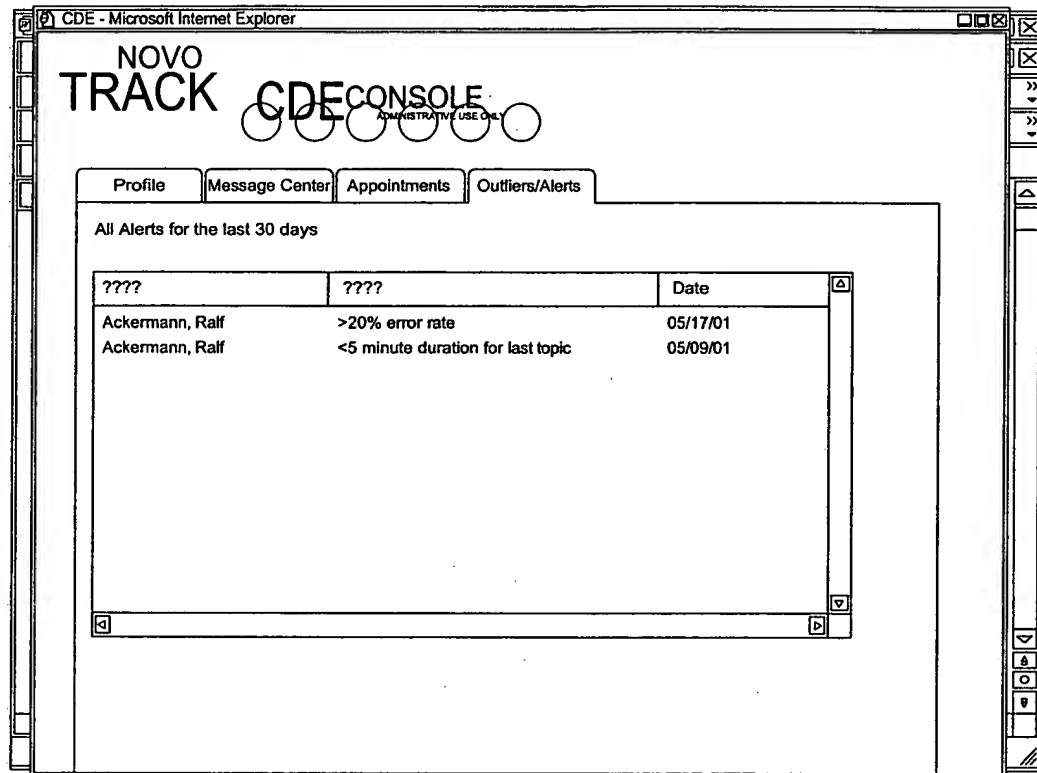
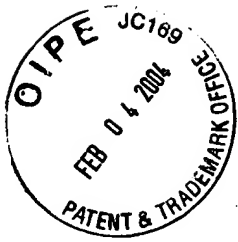


FIG. 7P



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NovoTrack Guide To Good Care Outline

Key

0.0e Title of the Topic Medical Record Data Patient Attitude Data Questions

Numbering sequence is by track, then topic. Note that a letter after the number indicates a choice of article for that topic depending on a patient characteristics entered by the patient in reponse to questions at the time of registration. Both the CDE and patient can edit data if required.

Track 1- Getting Good Care (4 articles: The section has 1 **Medical Record** choice and 1 **Patient Attitude** response at registration to choose perspective for the articles.)

1.1	Defining Quality Care			Questions
1.2a	Caring for yourself		New Diagnosis	Questions
1.2b	Caring for yourself		Established Patterns	Questions
1.3	Your Diabetes Care Team			Questions
1.2a	Proof that Good Care Matters	Type 1		Questions
1.4a	Proof that Good Care Matters	Type 2		Questions

Track 2- What is Diabetes (4 articles: This section has 1 **Medical Record** choice at registration to choose perspective for the articles.)

2.1	Before You Had Diabetes			Questions
2.2a	What Causes Diabetes	Type 1		Questions
2.2b	What Causes Diabetes	Type 2		Questions
2.3a	Effects of Diabetes	Type 1		Questions
2.3b	Effects of Diabetes	Type 2		Questions
2.4a	Who Gets Diabetes	Type 1		Questions
2.4b	Who Gets Diabetes	Type 2		Questions

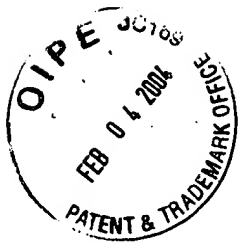
Track 3 - Healthy Eating & Exercise (2 articles: This section has 2 **Medical Record** choice and 1 **Patient Attitude** response at registration to choose perspective for the articles.)

3.1a	Healthy Eating	Type 1		Questions
3.1b	Healthy Eating	Type 2 BMI<28		Questions
3.1c	Healthy Eating	Type 2 BMI>28		Questions
3.2a	Healthy Exercise	Type 1	Sedentary	Questions
3.2b	Healthy Exercise	Type 1	Active	Questions
3.2c	Healthy Exercise	Type 1	Disabled	Questions
3.2d	Healthy Exercise	Type 2	Sedentary	Questions
3.2e	Healthy Exercise	Type 2	Active	Questions
3.2f	Healthy Exercise	Type 2	Disabled	Questions

Track 4 - Using Medications Wisely (8 articles: This section has 1 **Medical Record** choice and 2 **Patient Attitude** response at registration to choose perspective for the articles.)

FIG. 8A

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4.1a	Choosing The Right Insulin	Type 1		Questions
4.1b	How Diabetes Medications Work	Type 2		Questions
4.2a	Intensive Insulin Therapy	Type 1		Questions
4.2b	Combinations of Medications	Type 2		Questions
4.3a	Practical Tips For Insulin Use	Type 1		Questions
4.3b	Insulin For Your Diabetes	Type 2	Accepts Injections	Questions
4.3c	Insulin For Your Diabetes	Type 2	Rejects Injections	Questions
4.4a	Hypoglycemia	Type 1		Questions
4.4b	Hypoglycemia	Type 2		Questions
4.5a	Monitoring Your Blood Sugar	Type 1	Infrequent Monitoring	Questions
4.5b	Monitoring Your Blood Sugar	Type 1	Frequent Monitoring	Questions
4.5c	Monitoring Your Blood Sugar	Type 2	Infrequent Monitoring	Questions
4.5d	Monitoring Your Blood Sugar	Type 2	Frequent Monitoring	Questions
4.6	Treating High Cholesterol			Questions
4.7	Treating High Blood Pressure			Questions
4.8	Benifits of Asprin			Questions

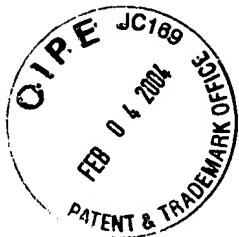
Track 5- Family, Friends & Feelings(4 articles: This section has 1 **Patient Attitude** response at registration to choose perspective for the articles.)

5.1a	A Healthy Attitude		Optimistic	Questions
5.1b	A Healthy Attitude		Balanced	Questions
5.1c	A Healthy Attitude		Pessimistic	Questions
5.2	Setting Goals			Questions
5.3	Family & friends			Questions
5.4	Getting Help			Questions

Track 6- Complications (7 articles: This section has 5 **Medical Record** choices and 1 **Patient Attitude** response at registration to choose perspective for the articles.)

6.1a	Preventing Retinopathy	Complication Absent		Questions
6.1b	Treating Retinopathy	Complication Present		Questions
6.2a	Preventing Newropathy	Complication Absent		Questions
6.2b	Treating Neuropathy	Complication Present		Questions
6.3a	Preventing Nephropathy	Complication Absent		Questions
6.3b	Treating Nephropathy	Complication Present		Questions
6.4a	Foot Care	Low Risk		Questions
6.4b	Foot Care	High Risk		Questions
6.5a	Preventing Heart Disease	No Ischemia		Questions
6.5b	Treating Heart Disease	Prior/Current Ischemia		Questions

FIG. 8B



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6.6a	Smoking		Nonsmoker	Questions
6.6b	Smoking		Smokes - Wants to quit	Questions
6.6c	Smoking		Smokes - Doesnt want to quit	Questions
6.7	Dental Care			Questions

Track 7- Special Situations (5 articles: This section has 3 **Medical Record** choices at registration to choose perspective for the articles.)

7.1a	Driving	Type 1		Questions
7.1b	Driving	Type 2		Questions
7.2a	Traveling	Type 1		Questions
7.2b	Traveling	Type 2		Questions
7.3a	Employment	< 62 years old		Questions
7.3b	Retirement	> 62 years old		Questions
7.4a	Insurance	< 62 years old		Questions
7.4b	Medicare	> 62 years old		Questions
7.5a	Men's Sexuality	Male		Questions
7.5b	Women's Sexuality	Female, < 45 years Old		Questions
7.5c	Women's Sexuality	Female, > 45 years Old		Questions
7.6a	Sick Days	Type 1		Questions
7.6b	Sick Days	Type 2		Questions

FIG. 8C

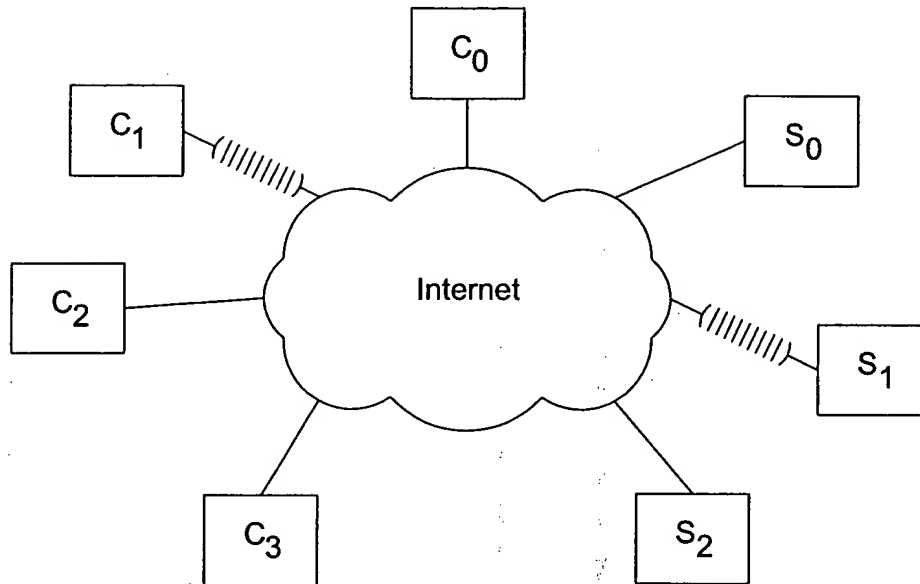


FIG. 9
(PRIOR ART)

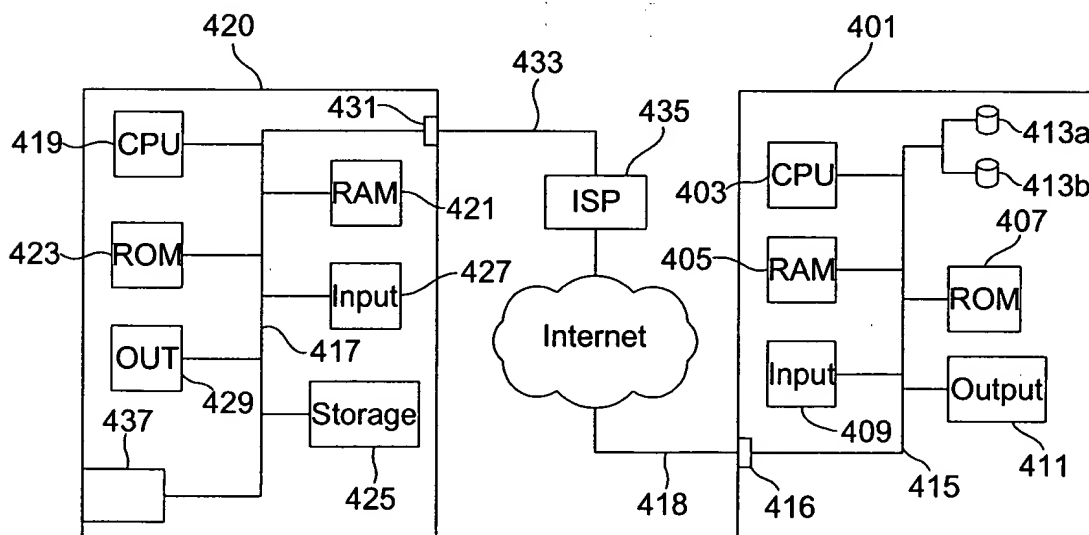


FIG. 10
(PRIOR ART)